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## **AN EXCURSION INTO HEALING**

*by Julie Mazo*

*All participants in EXCURSION workshops, offered exclusively by TMI's accredited Trainers, have their own stories, and each is unique. As with every Hemi-Sync experience, there's no predicting. Hemi-Sync is the tool; what the listeners do with it is up to them. Here's one story, as reported by the participant and by the Trainer as well, reflecting one kind of experience that can result from this empowering weekend.*

From the participant's journal: "The many attempts I had made over the past few months to meditate, raise my consciousness, expand my awareness, etc., had been fruitless. P's [the Trainer's] description of the effects of Hemi-Sync was just what I was looking for—a tool to help me enrich my quiet times.... As we listened to the first tape I felt my body tipping as in an airplane. The top of my head began to feel light."

When it was time for the final tape of the day, the participant later recorded that she was acutely aware of abdominal pain that had been with her for six weeks, and felt that the discomfort would make it impossible for her to concentrate on the tape exercise. Not only did she relax, but the pain subsided. "I could feel what seemed like my intestines rearranging themselves.... After the tape, P. said she had observed 'a young lady kneeling at your head.' My grandmother. I knew it!"

The Trainer picks up the story later that evening, when the participant showed her a photograph of this very special grandmother, who had been dead for three years. P. recognized the woman in the photo as an older version of the woman she had seen during the tape, and said, "The energy around this photograph was so profound, but when I took the picture in my hand to view the face... this extreme energy flew out of the photo, raced around the room, and came back toward [the participant], passing through my body."

The participant shared with P. that the abdominal pain she had been consistently experiencing during meals had been absent at dinnertime that evening. Usually an obstruction was evidenced by a knot that showed on the surface, and a swelling of the stomach. Both the knot and the swelling were gone. P. added that the participant is a trained scientific observer.

P. goes on to say she believes, "There is a larger purpose for the weekends, and I am given the privilege of being the instrument to bring about this larger purpose in the lives of [EXCURSION participants]. It is so meaningful for me to have a part in the 'giant steps' forward for these people."

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